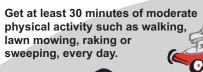
Because we care...here are 10 things you can do to improve your heart health.





Lose weight if you are over your recommended weight for your height and build.



If you don't smoke, don't start. If you smoke, get help to quit.

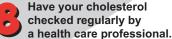




Avoid second hand smoke whenever possible.

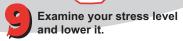


Have your blood pressure checked regularly by a health care professional.





If you have diabetes, ask a health care provider how you can manage your disease.



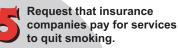
Visit our Web site: http://www.scdhec.net/cvh

Because we care...here are 10 things you can do to improve the heart health of your community.

Help arrange a food co-op in your community. Ask your local school to open the gym or sports fields after-hours for the community to use for physical activity.



Encourage employers to allow break time for physical activity during the work day.



Ask your favorite restauraunts to mark low fat food on menus.



Ask local businesses you frequent to go smoke-free.

Help sponsor a blood pressure check event in your local area.



Help arrange a cholesterol check event in your local area.



Organize a diabetes foot check within your local faith community.



Help promote stress relief activities such as walking and meditation.







*Information and graphics adapted from NC Department of Health and Human Services, Division of Public Health materials

SC Department of Health and Environmental Control, Division of Cardiovascular Health